

Leon County Senior Gazette

February/March 2010

■ The bi-monthly publication of the
Leon County Senior Outreach Program

■ Sponsored by the Tallahassee Senior Foundation



Remembering Those Who Inspired Us

As we begin 2010 and move forward to a new decade, it's the perfect time to reminisce and credit those individuals who proved to be leaders, motivators and encouragers along the way.

For many Senior Day participants, family members have provided the most inspiration. Albert Greene from Miccosukee remembers his father as an heartening character—a man who "Did so much with so little, and was able to help so many," Greene says. "While he wasn't an educated person, he had a lot of wisdom." Albert now tries to live by the high standards of his father.

Rita Layton, participant at Chaires, remembers her mother as an gentle, encouraging person, "She was very loving and compassionate, always talking to me in a loving way— not critical." While Rita's mother passed away last year, she remembers her as "the ultimate mother." As a parent herself, Rita tries to follow in her mother's footsteps.

Others may find inspiration in public figures. When asked who most stirred and enthused her, Bradfordville participant Hazel Driscoll

quickly answered "Eleanor Roosevelt. I admire her because she did things way beyond what was expected," says Driscoll, "The programs she initiated set a standard for things to come. Mrs. Roosevelt established a model for first ladies to follow...no need to sit in the White House and twiddle their thumbs." When Driscoll is presented with opportunities to make a difference, she thinks of Eleanor Roosevelt and imagines how the former first lady would respond.

Sometimes pinpointing the single most motivational person in our lives can be difficult. Ethel Evans, who attends Senior Days in Woodville, could not decide who

inspired her the most. "One was a friend I met in my late 20s; we were both from somewhere else." The two "clicked" because they both were newcomers in a strange place. "She was a very strong Christian and I wasn't at the time," says Ethel, adding, "she inspired me to live my faith more fully." Now years later, the two still keep in touch.

When Ethel moved to Tallahassee, she was greatly



Eleanor Roosevelt

Continued on page two

Leon County Senior Gazette

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Foundation.

encouraged by her Sunday
School teacher. She was going
through a transitional period
and explains, "This teacher
helped me get going with my
life again, and made me feel
that I was important."

Although he is no longer living,
Evans still thinks about him
often.



Rita Layton, left, with
her mother and family

Ethel best sums up inspiration this way: "We have
different people in different phases of our lives. But there
is always someone there to inspire us if we just give them a
chance."

■ ~ Written by Rachel Nickens.



Strawberry Salad



with Poppy Seed Dressing

- | 3 tablespoons sugar
- | 3 tablespoons light mayonnaise
- | 2 tablespoons fat-free milk
- | 1 tablespoon poppy seeds
- | 1 tablespoon white wine vinegar
- | 10-ounce bag romaine lettuce, roughly torn
- | 1 cup sliced strawberries
- | 2 tablespoons toasted slivered almonds
- | Combine the sugar, mayonnaise, milk, poppy seeds and
vinegar in a small bowl and whisk well.
- | Place lettuce in a large bowl. Add the strawberries and
almonds and toss lightly. Divide among individual serving
plates and drizzle each with about 1 tablespoon
dressing.

Makes six servings

Don't forget to bring a canned good to
the next Senior Day! Donations benefit
the food pantry at Elder Care Services.



Tech Talk with Rachel Nickens: Reading in the Digital Age

New technology is changing how some people read.

Digital readers, or e-readers, are hand-held electronic books that often weigh less than a paperback. Novels, newspapers, and even magazines can be downloaded and read on these easily transportable devices.

"Why would I want that?" you may ask. First of all, digital readers are small and light. One device the size of a DVD case can hold hundreds or thousands of books. Some of these readers have cellular connections, allowing you to download books, newspapers, and magazine subscriptions without ever connecting to a computer. You can adjust the font size if you need larger print, and it will remember your page, so you no longer have to worry about losing bookmarks. Many include dictionaries, and can also read the text aloud to you.

Of course, this new technology costs more than a trusty old paperback. At the beginning of 2010, on Amazon.com, basic digital readers start at about \$180, with the newest and largest devices costing up to \$489. Kindle is a popular digital reader designed by Amazon. You can buy newly released books for this device for \$9.99. These prices are about the same for other brands of digital readers, although 500,000 texts are available free of charge through Google Books. You can also digitally subscribe to newspapers from around the world, for \$3.99 to \$14.99 a month, and magazines for between \$1.25 and \$10.99 a month. Digital editions do not include ads, but they also do not include all images.

Digital readers must be charged, although most can run for several days without requiring a recharge. Like a cell phone or a digital camera, you must remember to plug it in occasionally. E-readers are relatively simple to master. Some use a touch-screen or have a few easy to learn buttons. You might want to go to an electronics store and pick one up to see how it feels and decide if you like how it operates or, better yet, why not try one out at the encore presentation of TECHNO MANIA, March 22 at the Tallahassee Senior Center?.

For many of us, the feeling of a book in our hands may be too much to give up. However, if you approach it with an open mind, a digital reader may be the perfect choice for you.

(Information gathered from various sources on the Internet.)





Leon County Senior Outreach

February/

March 2010

Bradfordville

Bradfordville Senior Days: Second Wed. of every month, Feb 10 & March 10, 10:30 am-12:30 pm. **Wildwood Presbyterian Fellowship Hall**, 100 Ox Bottom Road. Suggested \$6 donation for lunch.

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Draw With Your Eyes, Paint With Your Heart: Wed., 1:00 - 4:00 pm, April 7 - May 12 (six weeks). Registration required, call 891-4065, \$48 seniors 55+, \$60 all others.

Lifelong Learning Series: New 6-week series, Feb 19-Mar 26, 10:00 - 11:30 am, \$2 donation per class. Call 891-4065 for schedule of classes.

Senior Fitness Beginners: Tues. & Thurs., 10:30 -11:15 am, Suggested \$2 donation.

Senior Fitness Intermediate: Tues & Thurs, 11:30 am - 12:30 pm, Suggested \$2 donation.

Senior Fitness - Afternoon Class: Tues & Thurs, 1-2 pm, Suggested \$2 donation.

Sketching Your Travels: Tues, 2:30 - 4:30 pm, April 13 - May 5 (four weeks), \$27 seniors 55+, \$32 all others. Registration required, call 891-4016.

Social Bridge: Every Mon, 1-4 pm, Suggested \$1 donation.

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tues, Feb 23 & Mar 23, 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

Senior Fitness Class: Mon, Wed & Fri, 9:15 - 10:15 am, Suggested \$2 donation.

Lo Impact Senior Fitness: New 6 week session starts Mar 8. Registration required. Call 891-4065. Mon, 10:30 - 11:30 am & Thurs, 10:15 - 11:15 am, \$36 per session.



Grandparents as Parents (GaP)

Feb 11 & March 11: Bag and Gab, 11:30am - 1pm. Bring your own lunch or get the Senior Center salad bar for \$4. Sharing and fellowship. Tallahassee Senior Center, 1400 N Monroe St, Conference Room 3-A.

Feb 17: Evening Support Group, 5pm - 7pm, at Jack McLean Park, 700 Paul Russell Rd. Resources, information and support for grandparents and other family caregivers raising children. Child care provided. Pizza dinner - Suggested donation \$2/per plate. Reservations Required! Call 891-4041.

Feb 24 & March 31: Luncheon and Support Group, 11:30am - 1pm, at the Leon County Public Library, Program Room A, 200 W Park Avenue. Resources, information and support for grandparents and other family caregivers raising children. Legal consultation provided by Legal Services of North Florida. Complimentary lunch. Reservations required! Call 891-4041.

Calendar of Events

Call 891-4065 or 891-4033
for More Information



Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

Ft. Braden Senior Day: Tues, Feb 16 & Mar 16, 10:30 am - 12:30 pm,
Suggested \$6 lunch donation.

Painting with Oils & Acrylics: Thurs, 2-5 pm, April 15-May 20 (six weeks), \$48 seniors 55+,
\$60 all others. Registration Required, call 891-4016.

Senior Fitness Class: Mon & Wed, 10:30 - 11:30 am, Suggested \$2 donation.

Miccosukee

Miccosukee Community Center, 13887 Billingsley Road

Miccosukee Senior Day: Thurs, Feb 4 & Mar 4, 10:30 am - 12:30 pm,
Suggested \$6 lunch donation.

Bus Trip to WalMart: Friday, Feb 5 & Mar 5, 10:00 am - 12:30 pm, \$2 round-trip.

Senior Fitness: Tues & Thurs, 1:45 - 2:45 pm, Suggested \$2 donation.

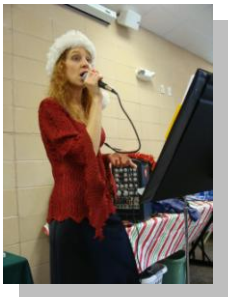
Woodville

Woodville Community Center, 8000 Old Woodville Road

Woodville Senior Day: Thurs, Feb 11 & Mar 11, 10:30 am - 12:30 pm,
Suggested \$6 lunch donation.

Beginning Painting: Wed, April 7 - May 12 (six weeks), 10:00 am - 12:30 pm,
\$48 seniors 55+, \$60 all others. Registration required, call 891-4016.

Senior Fitness Class: Mon and Wed, 8:30 - 9:30 am, Suggested \$2 donation.



Come Join the Fun!

Leon County Senior Outreach Citizens Advisory Council

LCSO Citizens Advisory Council members are appointed by the Leon County Commission. The focus of this group is to promote the well-being of seniors in this community and serve as a liaison to the County Commission on senior issues.

Meetings are open to the public and citizen input is encouraged.

LCSO Citizens Advisory Council meets from 1 - 2 pm, the 3rd Wed of every other month (March 17) at the Tallahassee Senior Center, Conference Room 3-A. Call 891-4065 for more information.

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Senior Day events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.



Can We Count on Your Support?

Please join the Tallahassee Senior Foundation today! Your contribution pays for programs and enhances services. Thanks for being a "key" to active, healthy aging in our community!

___\$25 Senior (age 55 plus)	___\$100 Friends Key Holder	___\$1,000 Gold Key Holder
___\$35 Friend (under age 55)	___\$250 Bronze Key Holder	___\$2,500 Platinum Key Holder
___\$40 Senior Couple	___\$500 Silver Key Holder	___\$5,000 Diamond Key Holder
___\$50 Non-Profit Organization		

___ Please dedicate my contribution directly to the Leon County Senior Outreach Program.

Name: _____ Phone: _____

Address: _____

Make your check out to *Tallahassee Senior Foundation* and send it to:

Leon County Senior Outreach, 1400 N. Monroe Street, Tallahassee, FL 32303.

🔧 Ask the Senior Resource Coordinator 🔧

Dear Gazette,

I am experiencing increased difficulty getting around. Some of my friends suggested that a disabled parking permit might help. I think they may be right, but I have no idea how, or where to get one. How much do they cost?

Dear Reader,

Getting a disabled parking permit is a relatively straightforward process. First, you must fill out an application form. This form is available at your doctor's office, any Leon County Tax Collector's office, the Highway Safety and Motor Vehicle office or online at www.flhsmv.gov (form 83039). A medical professional must certify the application form, attesting that you have a physical condition that limits or impairs your ability to walk, or that you are legally blind. Physicians, chiropractors, **optometrists**, and advanced registered nurse practitioners are authorized to certify the application.

After you fill out the application, you can apply for either a "permanent" or "temporary disabled" parking permit at any Tax Collector's office that processes drivers licenses or any Department of Motor Vehicles office.

According to Judy Castenada of the Leon County Tax Collector's office, there is no fee for permanent parking permits. These permits entitle the disabled person, or the driver transporting the disabled passenger, to utilize handicap parking facilities. The placard is transferable to any vehicle transporting the disabled person. Permanent permits are valid for up to four years, expiring on the owner's birthday.

Temporary disabled parking permits may be issued for up to six months. These cost \$15 and are not renewable, but can be helpful after an injury or surgery.



*Direct your questions about senior resources to the
Senior Resource Coordinator
at 891-4043 or seniorinformation@talgov.com*

Leon County Senior Outreach Program
Tallahassee Senior Foundation
1400 North Monroe Street
Tallahassee, Florida 32303



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Welcome to the bi-monthly
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Look for this informative
newsletter every other month.

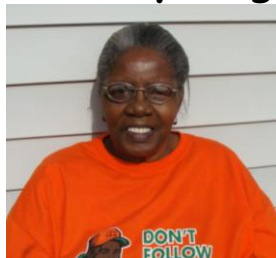
Don't forget to check the
calendar page inside to get
updated information on all Leon
County Senior Outreach
activities.

For more information, call
891-4065 or 891-4033, or
susan.davis@talgov.com.



**SPECIAL
SENIORS**

Dorothy Ling



Tallahassee native Dorothy Ling loves to share fond memories of growing up on a farm. "We grew everything we ate except flour and rice," she reminisces. While farm life required a lot of work, Dorothy and her 11 siblings enjoyed it. "We'd work in the field, go to school, come back, and work in the field some more," she laughs. As an adult, she worked as a teacher's aide, and reared her seven children.

Dorothy's a firm believer in staying active. "I just try to keep going and experience all the different things that I can," she says. In addition to attending Senior Days at Chaires, Dorothy attends church at St. Pauls AME, goes for daily walks, visits friends, and enjoys doing housework. She also explores her crafty side! She recently participated in a basket-weaving workshop where she made two baskets. Dorothy enjoys doing needlework and embroidery. "I keep most of the things I make," she chuckles, "because I don't make that many."

Dorothy Ling's positive outlook is certainly worthy of admiration. "I thank God that even though I am getting older, I can still do for myself," she exclaims. In keeping with family tradition, Ling even continues to grow vegetables, albeit they are now in pots on the porch.